

Great American Smokeout

## **Freedom from Smoking Class**

Starting on Friday, December 6<sup>th</sup> at Noon, the Hyde County Health Department will offer a Freedom from Smoking tobacco cessation class. This seven-week clinic will take you through the process of quitting smoking one step at a time. It offers a supportive environment and a proven method for quitting, based on the premise that smoking is a learned activity. Classes will be held once a week in Swan Quarter and led by a certified facilitator. The cost is \$25.00 per person for materials.

Freedom from Smoking classes will help you learn how to overcome your tobacco addiction so you can enjoy the benefits of better health, extra money in your pocket, and healthier relationships.

You'll learn about:

- Medicines that can help you stop smoking
- Lifestyle changes that make quitting easier
- Preparing for Quit Day
- Managing stress
- Avoiding weight gain
- Developing a new self-image
- How to stay smoke-free for good

If you are interested in quitting and participating in the Freedom from Smoking program, please sign up by calling Elizabeth Mumm, Public Health Educator II, at 252- 926-5289.

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